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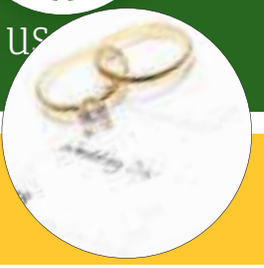

How Snapchat may affect your college acceptances. 21

SAY YES TO THE STRESS

Can you plan a wedding while working full time? 22

90-year-old furrier still going strong. 6

PAYOFF PITCH

Masahiro Tanaka and the Yankees begin their quest for a return to the postseason today against the Astros in the Bronx.

24-26

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3 THINGS YOU NEED TO KNOW

MAURITIUS DEBRIS TO BE LOOKED AT BY MH370 INVESTIGATORS

Australia said that a piece of suspected airplane debris found east of Africa on a Mauritian island will be examined to see if it is part of Malaysia Airlines Flight 370, which went missing two years ago in one of the world's greatest aviation mysteries. A hotel owner on the island who saw the debris said it looked like it was from the inside of a plane, with what he thought was a wallpaper "design," which if confirmed, would be the first piece of interior debris from the plane yet to be found. Australia has led the search for the plane, which went missing in March 2014 with 239 people on board on a flight from the Malaysian capital, Kuala Lumpur, to Beijing, and Transport Minister Darren Chester said the debris, found last week, was an "item of interest." REUTERS

BARRON'S ENDORSES KASICH FOR PRESIDENT

2 Calling him "the best hope for investors who want a Republican in the White House," Barron's announced its support for Ohio Gov. John Kasich for president with a front-page editorial in its latest hard-copy edition. Barron's had previously endorsed Democratic front-runner Hillary Clinton as a preferred choice over the current front-runner for the Republican Party's presidential nomination, Donald Trump, but in its editorial the weekly newspaper said that Kasich, "outshines them both." "Unlike Clinton, Kasich has a sensible across-the-board tax-cutting agenda for corporations, individuals, and investors," the editorial written by Barron's executive editor, John Kimelman, said. "And as a Republican president working with a presumably GOP-controlled Congress, he would be a more effective leader." REUTERS

TESLA SAYS MODEL 3 ORDERS TOP $10B IN FIRST 36 HOURS

3 Tesla Motors Inc. said orders for its new Model 3 electric sedan topped 253,000 in the first 36 hours — a fast start for the company's first mass-market vehicle, which may not begin to reach customers for another 18 months or more. Tesla Chief Executive Elon Musk tweeted on Friday that the Model 3, which is slated to go into production in late 2017, will sell at an average price of $42,000, including the price of options and additional features, which would give the initial flurry of orders an estimated retail value of $10.6 billion. That intense interest, fanned in part by a steady stream of tweets by Musk, could help boost Tesla's stock price, which closed Friday at $237.59, up 3.4 percent. REUTERS

New York's baseball fans should brace for less than stellar weather this week. GETTY IMAGES

BOLARIS' WEATHER WATCH: THROWING OUT SNOWBALLS INSTEAD OF BASEBALLS

Bolaris' Weather Watch

This is going to be one wild April week, with extremes in temperatures and precipitation. If you want to talk about the full weather gamut ranging from rain to snow, from freeze to warmth, this week will have it. And by looking at the long-range models, April might turn out to be colder than March.

It's also the opening week for the baseball season. The New York Yankees have their home opener today and the rain falling this afternoon could change over to wet snow towards game's end. It could be worse: Back on April 6, 1982, the game was cancelled due to a full-blown blizzard, really baseball season in the Northern states should not start until May 1. I've been advocating this for years as the fans suffer the most.

You'll be freezing your plants off come Tuesday morning as the mercury drops into January like levels back down into the 20s and crops, if not protected, and tender plants could suffer major damage.

On Wednesday morning, expect more widespread freeze and frost across the entire Northeast, but temperatures will start to rise back into the seasonably cool 50s. At the same time a more southerly flow on Thursday will send readings back to the unseasonably mild side along with a pretty good chance of widespread heavy showers and storms developing.

Record cold to strike this Friday into Saturday.

A record setting Arctic air mass will invade the entire Northeast during this time frame as temperatures come Friday night and again on Saturday night will spiral down into the teens with some of the northern suburbs in all three major cities of New York, Philly, and Boston could dip into the single digits.

Snow storm or snow showers for Friday into Saturday?

Models right now have no clue, waffling from just about nothing, to snow showers and on a couple of runs a major snowstorm basically from the Philly to NYC with the best chance across eastern Long Island and the Boston region. Confidence in forecast is very low at this time.

What I do know, you will need more than just a baseball glove for this upcoming Friday into the weekend.

New York City forecast details

Yankees Home Opener: Rain possibly changing to wet snow by late in the game ... dropping into the 30s

Tonight: Wet snow ending, Light accumulations on grassy surfaces. Freeze by the early morning. Low 28

Tuesday: Morning freeze then brisk along with a winter chill. High 37

Wednesday: Dry and chilly, 49

Thursday: Showers and a late day storm. High 60

Friday and Saturday record cold temps likely.

Possible steady snow or snow showers Friday night into Saturday.

Temps in the teens and a few single digits possible across the northern suburbs on Saturday night.

Weekend forecast is still very uncertain .

Playball! Ugh, maybe not ...

Painful Varicose Veins & Swollen Legs?

Varicose veins are more than a cosmetic problem. They may lead to complications such as Deep Vein Thrombosis (DVT) and Pulmonary Embolism (PE), both of which claim up to 300,000 lives a year in the United States.

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Various physical and psychological stressors are to blame for the poor health of many of the city's immigrants, according to a new report. GETTY IMAGES

New report sheds light on city immigrants' health concerns

Discrimination, limited language skills, and exhaustion were among the factors affecting the health of New York City's immigrant population.

ALAN KRAWITZ
@MetroNewYork
letters@metro.us

The stresses of daily city life exact an even harsher toll on the health of New York City's immigrants, which comprise nearly 30 percent of the city's population, according to a new report by a city-based health advocacy organization.

The report, "**Immigrant Communities: Bridging Cultures for Better Health,**" by the New York Academy of Medicine, is based on interviews with nearly 3,000 New Yorkers representing more than 10 ethnic groups including those from West Africa, Latin America and Southeast Asia detailing mental and physical health and those factors that have the greatest negative impact.

"Immigrant populations report an overwhelming combination of stressors that impact their health," said Linda Weiss, PhD, lead author of the report.

The report cited a number of key factors affecting city immigrants' health such as discrimination, social isolation due to long work hours, limited language skills, a lack of knowledge about health care options, and exhaustion.

"Certain immigrant groups, including the Chinese and Arabic communities, noted particularly high smoking rates and were concerned about related health issues," Weiss said.

Further, Weiss noted that many immigrants find themselves in occupations that carry inherent health risks, such as those in construction.

> *"Certain immigrant groups, including the Chinese and Arabic communities, noted particularly high smoking rates and were concerned about related health issues."*
>
> Linda Weiss, PhD

In the past few years there has been a marked increase in the numbers of undocumented workers being killed in NYC construction accidents.

Most recently, the city's nail salon workers have been found to be not only subject to long hours and low pay but also endangered health from the constant inhalation of nail polishes and powerful solvents.

Weiss added that other risks were connected to jobs with long hours and low pay, such as taxi drivers, vendors and clerks.

"…with a 16 hour work day, one does not .have time for rest or leisure that are important for mental health, as well as time to exercise or eat healthy meals which reduce the risk of chronic disease," Weiss said.

Immigrants' psychological stress was also cited as a factor that cuts across varied ethnic groups.

"The Arab population, because of the political problems in the Middle East, they feel unsafe. … They are scared all the time. They are afraid to go anywhere or speak out… problems like mental health issues are on the rise in our community," said an Arab community health advocate in the report.

Dmitri Oster of One World Counseling in Brooklyn, a behavioral health treatment program that serves immigrants from South and Central Asia, said he's had patients showing psycho-somatic symptoms.

"Oftentimes, patients will come in complaining of headaches, muscle tensions, and dizziness," Oster said.

And, economic pressures on recent immigrants as well as all New Yorkers are an omnipresent source of worry.

"Your life is full of stress, and this leads to depression," said a South Asian focus group participant. "…You pay the babysitter $10 … When you go to work, you get $10"

Asked about solutions to improve the health of city immigrants, Weiss and other advocates said it's important to address underlying conditions that create the health concerns in the first place.

"A living wage, safe work conditions, affordable housing, and access to healthy foods in all neighborhoods represent important solutions for immigrants and U.S. born New Yorkers alike," Weiss said.

Theo J. Oshiro, deputy director of Make the Road New York, an immigrant and working class advocacy group based in Bushwick, said that more must be done.

"If someone is working 16 hours a day for less than minimum wage and being evicted from their apartment at the same time, no amount of medical support will fully get them on the path toward well-being."

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Designer looks back at over 70 years in the fur industry, with no plans on stopping

At 90 years old, Leinoff hops onto his motorized Razor scooter and heads to his shop where he continues to alter, fix and create fur items.

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

David Leinoff of Fur and Furgency turned 90 last weekend and has been working in the fur industry for 74 years. BESS ADLER

For over seven decades, David Leinoff has been working in the fur industry styling everything from celebrities to Broadway plays, and — now after just celebrating his 90th birthday — the furrier doesn't plan on stopping any time soon.

Leinoff first stepped into the fur industry when he was only 14 years old, in what he calls just "the circumstances of life." He initially was studying at the Bronx High School of Science but after not doing so well in his classes and being absent a lot, he decided to start looking for another school.

During that time many of the mechanical schools were filled up and the only school he could get into was the Central Needle Trades High School — which later became the High School of Fashion Industries.

After enrolling, Leinoff decided to take up fur and began learning the trade.

"I knew some people in the fur business and they all seemed to be doing quite well and I thought that a smart, young fellow like me would have no trouble making a few million dollars right away," Leinoff said.

While going to school, Leinoff also worked after school in the fur industry and after graduating he got a job as a fur cutter and operator at leading manufacturer, Mandel Furs in Grand Fork, North Dakota.

He would remodel coats, but after about six months returned to New York City and around 1947 went into business with some partners.

"I enjoyed the feeling of fur, it's a natural thing," he said.

"There is a feeling about fur that even today I see people come in and as they come close to the fur they feel this is what luxury is."

However, after a while Leinoff felt that he thought it would be better to get into a business of his own and he found a space sharing with other furriers.

There he began to build the business and had wholesale customers coming to him with their fur products. As the fur business started to go down in the 1950s — and a lot of furriers began to go out of business — Leinoff acquired numerous businesses and begun to see an increase in his retail following.

As his popularity began to grow and he also acquired a two-floor location on 7th Avenue, Leinoff also started fur lines such as Davellin Furs and Balencia Furs — which were later combined to become Davellin/Balencia.

Leinoff's fur coats could be found in stores such as Begdorf Goodman and were worn by celebrities such as supermodel Jerry Hall and LaToya Jackson. In 1989, Denzel Washington's wife, Paulette, wore a mink coat by Leinoff while she walked the red carpet with her husband during the Academy Awards.

His furs have also been featured in over 25 plays of Broadway, such as "Wicked," "The Color Purple," "Spiderman" and most recently, "Motown: The Musical."

"Every time I had a partner, I felt that I was working for both of us. Finally, I said to myself no more partners and I was better off," he said. "I had some good years but at no point was it easy."

During the years, Leinoff also held nine U.S. patents related to the fur trade — in one case developing a technique in design where he showed leather strips in furs for enhancement. After seeing others in the fashion industry take up the technique — but not giving him recognition — he took the issue to court and, in the end, over 25 companies had to stop using the technique.

Leinoff also coined the phrase "Furs and Furgery" — which uses "furgery" as a play on the word "forgery" — and later used it to craft a faux fur line.

Now, at 90 years old, Leinoff hops onto his motorized Razor scooter — paired with a fur-covered helmet, which he designed himself — six days a week and heads from his home to his studio at 270 W. 38th St.

He is currently the chief creative designer for Fur and Furgery and continues to alter, fix and create fur items — by appointment only — completely by hand.

"What I enjoy is if I can make something that people want, I feel very very good," he said. "Until I stop making things that people like, I'll continue."

He added that he encourages people getting into the industry — which now has very few furriers left — to come in and "make it their own."

"I do like the idea that a lot of young people have a feeling for fur too and want to get involved in it," he said. " I think if somebody wants to come in and make it their own, I think that they're going to be very successful."

When asked about responding to those who might be against the fur industry, he said that currently 95 percent of furs that are used are raised solely for the purpose of being worn.

And although he understands that there will always be people for and against the industry, he sees it as a part of nature and a tradition that is here to stay.

"When the lamb lays down in peace with the lion, yes that will be the day. But in order for that lion to live, that lamb has to perish," he said. "Fur is here to stay, there will always be people that have a love for it."

For more information visit www.furandfurgerysalon.com or call 212-858-0066 or 212-244-7601.

> ***"I knew some people in the fur business and they all seemed to be doing quite well and I thought that a smart, young fellow like me would have no trouble making a few million dollars right away."***
>
> Leinoff

Planned Service Changes

1

10 PM to 5 AM
Mon to Fri
Apr 4 – 8

No 1 trains between Dyckman St and 96 St
Take the A and free shuttle buses

1 service operates in two sections as follows:

1. Between 242 St and Dyckman St (Dyckman St-bound 1 trains skip 207 St)
2. Between South Ferry and 96 St and via the 3 between 96 St and 148 St (Train skips the 145 St 3 station in both directions)

Travel Alternatives:

- Transfer between the 1 (*to/from* the Bronx) and the A at Dyckman St via free shuttle buses.
- Transfer between the 1 (*to/from* South Ferry) and the A at 59 St-Columbus Circle.
- For 1 stations in Washington Heights, Harlem, and the Upper West Side, use nearby A stations along Ft Washington Av, St Nicholas Av, and Central Park West instead, and/or take free shuttle buses available at 1 stations.
- Transfer between free shuttle buses and trains at Dyckman St 1 or A, 168 St A, and 96 St 1.

Stay Informed

Call 511 and say "Current Service Status," look for informational posters in stations, or visit **mta.info** – where you can access the latest Planned Service Changes information, use TripPlanner+, and sign up for free email and text alerts.

FASTRACK

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BRIEF

New York woman in headscarf lied about being slashed: police

A woman in a headscarf who reported being slashed across the cheek by an attacker who called her a terrorist has admitted she lied.

The 20-year-old woman inflicted the wound on herself and was taken to Bellevue Hospital for care, police said last week.

Anti-Muslim bias crimes in the United States have tripled since attacks by Islamic militants in Paris in November and shootings by Muslim extremists in San Bernardino, California, in December, say Muslim advocacy groups.

About 80 percent of the victims in such incidents are women, Council on American-Islamic Relations officials say.

Investigators are grappling with an uptick in stabbings and slashings, up 22 percent compared to the same period in 2015.

One day earlier, the woman, who has not been identified, told police that she was attacked with a sharp object as she walked near in lower Manhattan.

The woman said she was slashed across her cheek by an attacker who called her a terrorist and fled, according to police who received a 911 call at 5:30 p.m. on Thursday.

But further investigation showed that the incident did not occur.

It was not clear whether police would file any charges against the woman for making a false claim.

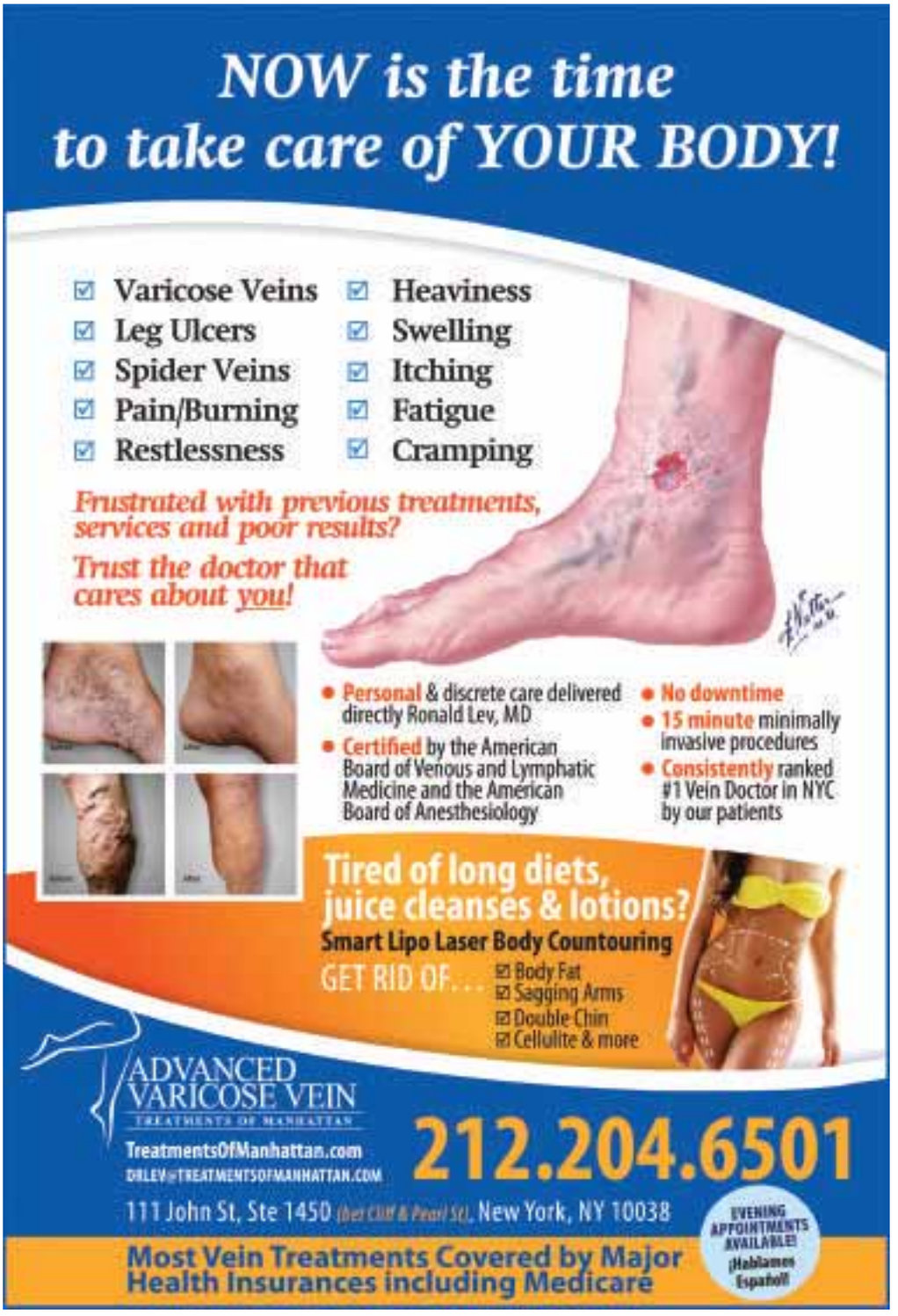
There have been more than 900 stabbings and slashings reported in the city since January.

In response, police have begun a separate classification for such crimes.

REUTERS

Emergency personnel investigate the crash site of Amtrak Palmetto Train 89.

GETTY IMAGES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Amtrak derailment kills two, injures 35

The Georgia-bound train struck a backhoe on the tracks in Chester.

An Amtrak train locomotive partly derailed when it hit a backhoe south of Philadelphia on Sunday, killing two people and injuring 35 in what passengers described as a jolt followed by a fireball.

The accident in Chester, about 15 miles southwest of Philadelphia, was the latest in a series involving the U.S. passenger rail carrier and occurred several miles south of the site of a 2015 derailment in North Philadelphia that claimed eight lives.

Amtrak Train 89 bound for Savannah, Georgia, from New York with 341 passengers and seven crew aboard struck a vehicle on the tracks, Chester Fire Commissioner Travis Thomas said. Amtrak said the vehicle was a backhoe.

"We had two deceased, but they were not passengers on the train," he told a news conference.

He gave no details about those killed. Thomas said 35 people were taken to hospitals and none of the injuries were life-threatening.

Philadelphia's NBC10 quoted investigators as saying those killed were Amtrak workers with more than 40 years of service between them.

Television images showed the lead engine with its front end partially off the rails and its windshields smashed.

Kim Goldman, of Washington, D.C., who was among hundreds of passengers taken to a nearby church, said she felt a bump, followed by skidding similar to airplane turbulence that lasted five to 10 seconds.

"We knew we hit something. We were just holding on, hoping we would stop," said Goldman, who was in the second car. Crew members told passengers to move to the back of the train.

Amtrak suspended service between Philadelphia and Wilmington, Delaware. A broader suspension of service between New York and Philadelphia was lifted.

Amtrak said investigators from the National Transportation Safety Board were en route.

The accident took place about 20 miles south of one of Amtrak's deadliest recent accidents. Eight people were killed and 43 hurt last May when a New York-bound train derailed in north Philadelphia.

That train was traveling at more than twice the speed limit, but a federal investigation determined that the cause of the crash remained unexplained.

REUTERS

Uncertainty prevails as Greece starts returns of migrants

Refugee children play at the coast near the open refugee camp of Souda, near the port of Chios on Sunday. GETTY IMAGES

The returns are a key part of an agreement between the European Union and Turkey aimed at ending the uncontrollable influx into Europe of refugees and migrants fleeing war and misery in the Middle East, Asia and Africa.

There was little sign of preparation on either side of the Aegean less than 24 hours before Greece was due to begin returning migrants to Turkey, and Greek and Turkish officials gave conflicting information on the logistics of the plan.

Under the deal, those who cross into Greece illegally will be held and sent back once their asylum applications are processed. For every Syrian returned, one Syrian will be resettled to Europe directly from Turkey.

So far, more than 6,000 migrants and refugees have been registered on Greek islands since March 20, the date on which the agreement came into force. Where they will depart from, to where they will be sent and even how many people will be taken back to Turkey under this deal on Monday remains unclear.

On Sunday, there were few signs that Lesbos, the island hundreds of thousands of people passed through on their way to northern Europe, was getting ready to send back migrants. A police spokesman said the force was still awaiting instructions.

Across the Aegean in the coastal town of Dikili, which a Turkish official said would receive refugees sent back from Greece, just two room-size tents were set up on the pier of its cramped port on Saturday. Two portable toilets were installed nearby.

Further south, four small blue tents were set upon the town of Cesme for those sent back from the Greek island of Chios.

Turkey's interior minister, Efkan Ala, was quoted by the pro-government newspaper Aksam as saying 500 people were expected in Turkey from Greece on Monday. Afghans, Iraqis and Pakistanis would be deported to their countries, he said. REUTERS

BRIEF

Thousands attend rally in Warsaw against proposed abortion ban

Thousands attended an abortion rights rally outside parliament in Warsaw after the powerful leader of Poland's ruling party backed a call by Polish Catholic bishops for a full ban on pregnancy terminations.

Poland already has one of the most restrictive abortion laws in the European Union. Official statistics show only several hundred abortions are performed every year, but pro-choice campaigners say underground abortions are very common.

The debate around reproductive rights has been building up for months. The conservative Law and Justice Party, which came to power in October, plans to tighten regulations to bring them into line with the Catholic Church's teachings, infuriating liberals and women's rights activists.

Chanting "keep your hands off the uterus" and "my body, my business," the protesters waved wire coat hangers, a crude pregnancy termination tool widely seen as a grim symbol of the abortion underground.

"Even Iran's abortion laws are more liberal than this proposal, that's why we must protest," said Marta Nowak, one the protesters at the rally, which was organized via social media by the left-wing Together Party.

Poland currently allows terminating pregnancy only at an early stage and when it threatens the life or health of the mother, when the baby is likely to be permanently handicapped or when pregnancy originates from a crime, for example rape or incest.

In a letter read out in churches across the country on Sunday, but made public earlier this week, Polish bishops called for legislative action to tighten the 1993 regulation. REUTERS

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RACE FOR THE WHITE HOUSE

Trump's prediction of 'massive recession' puzzles economists

In an interview with the Washington Post, he said a combination of high unemployment and an overvalued stock market had set the stage for another economic slump.

Donald Trump's prediction that the U.S. economy was on the verge of a "very massive recession" hit a wall of skepticism on Sunday from economists who questioned the Republican presidential front-runner's calculations.

"We're not heading for a recession, massive or minor, and the unemployment rate is not 20 percent," said Harm Bandholz, chief U.S. economist at UniCredit Research in New York.

Donald Trump GETTY IMAGES

The official unemployment rate has declined to 5 percent from a peak of 10 percent in October 2009, according to government statistics. But a different, broader measure of unemployment that includes people who want to work but have given up searching and those working part-time because they cannot find full-time employment is at 9.8 percent.

"I think we're sitting on an economic bubble. A financial bubble," Trump said. While calling it a bubble might be a stretch, the fall in corporate profits and the recent rally in stock prices has pushed up the market's valuation, and stocks on balance are about 15 percent pricier at the moment than their long-term average valuation.

But a cataclysmic economic downturn originating in the United States appears to be a remote possibility. REUTERS

CHEESEHEAD ALERT!

Candidates love coming up with cheesy slogans so this week they should feel at home as Wisconsin holds its presidential primaries. But the savvy Cheeseheads are a tough crowd, not easily taken in by smooth talking politicos. All eyes in D.C. are looking west where we find my three things to watch this week in politics.

TOM FOREMAN

Opinion

CNN's Tom Foreman is the author of the new book "My Year of Running Dangerously."

1. LIKE A BADGER

Bernie Sanders is hanging on with a tenacity well-suited to the Badger State. Polls suggest he has a good shot at winning there, and that means Hillary Clinton will have to keep dividing her forces: fending off his challenge while simultaneously trying to turn her attention to the Republicans. She has already bristled on camera at some members of the Bernie Army for pressing her at public events — and they'd love to provoke more of the same. Keep an eye out for more Bernsters trying to prod her into a street fight, while their man keeps grinding away at her lead.

2. CRUZ CONTROL

Ted Cruz keeps trailing Donald Trump in the Republican contest— but with everyone but John Kasich out of the race, Cruz is finally close to the two man fight he wanted. He's hitting Wisconsin with everything, hoping to score with evangelicals. But what you really need to watch is the #AnyoneButTrump movement. If Cruz can get that fire burning hotter, it could engulf a lot of voters and give Trump his first serious worries in this race.

3. DAMAGE CONTROL

Speaking of Trump, everyone knows he's been — to borrow a phrase — the Teflon Don. He's said things that would have destroyed any typical candidate. But did you notice all the land mines he stepped on last week? More importantly, did you notice his quick steps to tamp down the turmoil that followed? Looks to me like Trump is making a pivot; he may still say outlandish things, but he's started cleaning up the messes much more quickly. Don't just watch the vote. Watch for movement in his approval ratings to see if it is working.

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Fire at Russian defense ministry

A fire ripped through a Russian Defense Ministry building in central Moscow on Sunday, sending plumes of smoke over the Russian capital as firefighters battled to extinguish the blaze. Around 50 people were reported to have been evacuated from the administrative building, which dates from the end of the eighteenth century. Nobody was reported to have been hurt. GETTY IMAGES

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Date: Tuesday, April 5, 5:00pm – 7:00pm.

Panelists: Jodi Balsam, JD; Dennis Cardone, DO; Lee Igel, PhD; Paula Prezioso, MD; Andrew Rokito, MD; Mark Will-Weber, long-distance running coach.

Location: Hospital for Joint Diseases. 301 East 17th Street. Loeb Auditorium.

Info: This lecture is free and open to the public, but you must RSVP. To attend, visit nyulmcethics.eventbrite.com. View past NYU Langone lectures at youtube.com/nyulmc.

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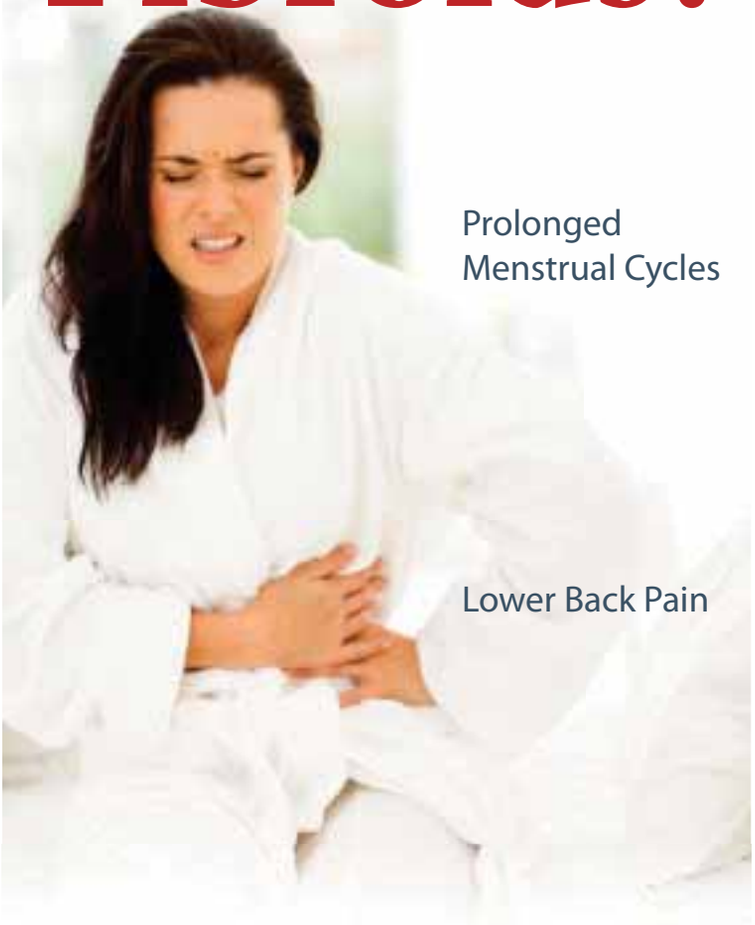
Fibroids?



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Bernie Sanders' ghost tweeter keeps his Brooklyn accent

ILLUSTRATION BY BILLY BECERRA, METRO

Sanders has close to 2 million followers on his Twitter campaign account and has tweeted nearly 8,000 times.

Last August, Bernie Sanders sat on a Craigslist-bought beige couch in his Washington office plotting to steal the social media spotlight from 10 Republicans taking the stage for the first televised debate of the 2016 presidential campaign.

Next to the Democratic presidential candidate, 74, sat 27-year-old Hector Sigala, his digital media director. For the next two hours, Sigala turned Sanders' sometimes acerbic, sometimes funny running commentary into a stream of 140-character tweets using the hashtag #DebateWithBernie that stole the show — at least on Twitter.

Some 17 million people were reached during the debate, according to the campaign's Twitter data reviewed by Reuters. It was the first in a string of Twitter wins by Sanders during a presidential contest widely viewed as a coming-of-age moment for social media in national politics.

Sanders didn't even stop when the debate was interrupted by commercials. When an ad for a new Tom Hanks film appeared, he tweeted: "Tom Hanks. Finally. Somebody who makes some sense."

Eight months later, Sigala is a key lieutenant in the Sanders campaign for the 2016 Democratic presidential nomination, one of a new breed of digital media specialists who have become indispensable in an election where platforms like Twitter allow candidates to communicate with supporters easily, bash opponents or swiftly counter-attack.

Sigala goes everywhere — on dates, to parties and to restaurants — with his black backpack and MacBook laptop just in case something tweet-worthy breaks.

He was driving his cousin to the airport last Wednesday when Donald Trump, the front-runner for the Republican nomination, said women who end pregnancies should be punished if the United States bans abortion, comments that were widely condemned. Sigala pulled the car over and tweeted: "Your Republican frontrunner, ladies and gentlemen. Shameful."

Sanders, however, has an edge because his tweets are much more personalized than Clinton's, say some social media strategy experts.

"He's been able to really resonate with [different groups] and connect with them on a level that many other candidates have not been able to do," said marketing consultant and social media strategy specialist Kay Green.

While Twitter could not provide data directly comparing the 2016 and 2012 presidential races, a spokesman said tweets about the Democrat and Republican primary debates held so far have been viewed 9 billion times. REUTERS

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Ukraine cyclists ride in front of the Dutch parlement in The Hague as part of a visit to promote the EU. GETTY IMAGES

Dutch voters to consider EU treaty with Ukraine

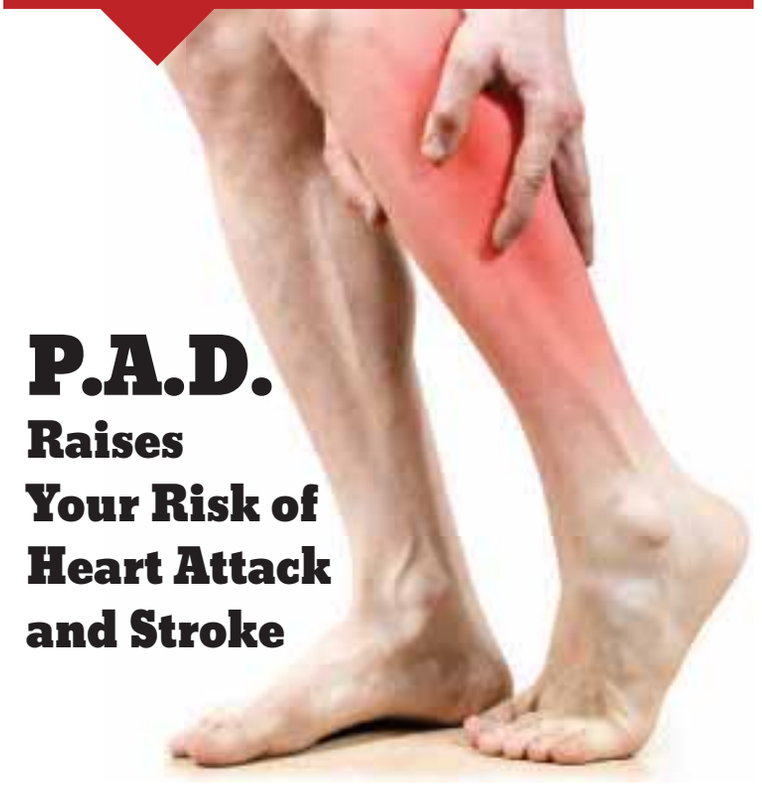
Dutch voters will decide on Wednesday whether to support a European treaty deepening ties with Ukraine in a referendum that will test sentiment toward Brussels ahead of Britain's June Brexit vote and could also bring a boost for Russia.

The broad political, trade and defense treaty is already provisionally in place but has to be ratified by all 28 European Union member states for every part of it to have full legal force. The Netherlands is the only country that has not done so.

While a "no" vote in the non-binding referendum would not force the Dutch government to veto the treaty on an EU level the fragile coalition, which holds the rotating EU presidency, might find it hard to ignore with less than a year to general elections.

Any rejection by Dutch voters or by the government would give Russian President Vladimir Putin, who opposes deeper EU-Ukraine ties and who many Dutch blame for the downing by pro-Russian rebels of a plane traveling from Amsterdam, a victory in his war of words with the West.

An EU decision to push on with the treaty despite a "no vote", whether the government respects it or not, could be damaging for the EU and highlight EU problems ahead of the British vote. REUTERS



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- Shiny Skin on your legs
- No pulse or a weak pulse in your legs or feet
- Erectile dysfunction in men

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Kashkari takes on Wall Street from farm-rich Fed region

From his seat atop the Fed's smallest bank, in a region known for fracking, farming and ranching, Neel Kashkari wants to make sure he's heard well beyond the northern plains.

Since becoming president of the Federal Reserve Bank of Minneapolis this year, the 42-year-old Kashkari has gone on a media blitz, visiting nine major media outlets in two days and creating a Twitter hashtag to promote his view that the biggest U.S. banks should break up.

On Monday, he will host a symposium at his bank in downtown Minneapolis entitled "Ending Too Big To Fail," giving fierce critics of Wall Street's behemoths a platform to present their views.

Becoming the Fed's bad cop is the latest ambitious move in a high-flying career that has taken Kashkari from Goldman

Neel Kashkari GETTY IMAGES

Sachs to the Treasury Department at the height of the financial crisis to a run for California governor.

"He's trying to swing way above the weight of the Minneapolis Fed. He didn't come from California just to rub elbows with ranchers in Helena," said Dick Bove, an analyst with Rafferty Capital Markets, referring to the capital of Montana, a state in the Minneapolis Fed's region.

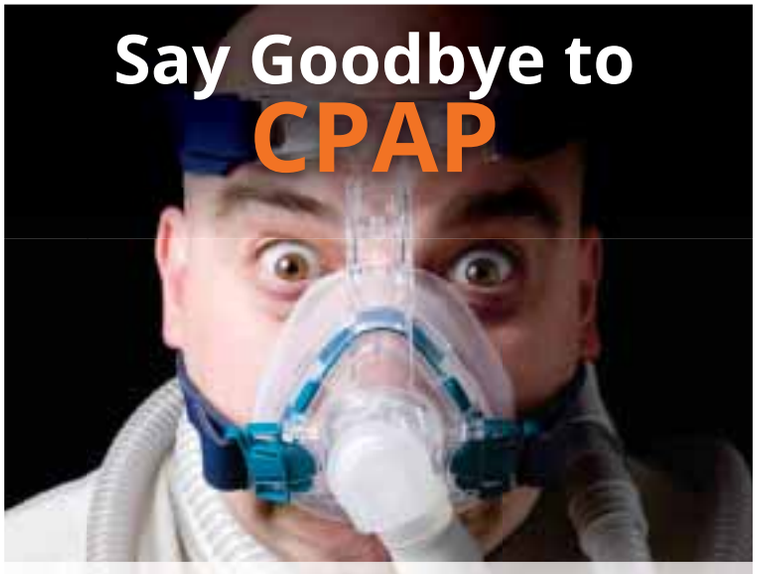
Kashkari's critics argue he is using the "too big to fail" issue as a springboard to higher places of authority. He says he's only working toward prudent financial regulation.

Kashkari's crusade kicked off with a Feb. 16 speech, in which he compared the aftermath of large bank failures to that of a nuclear reactor meltdown. He told Reuters a few days later that the symposium is intended to come up with a plan to prevent big banks from receiving big taxpayer bailouts, the way they did in 2008.

At Treasury, he ran the Troubled Asset Relief Program, which infused $700 billion into banks, automakers and insurers. The bailout played an important role in stabilizing the financial system during the crisis, but remains controversial.

Kashkari now says "bolder, transformational options" are needed beyond a post-crisis regulation that requires big banks to outline plans to unwind themselves if they fail — known as their "living wills." REUTERS

Say Goodbye to CPAP



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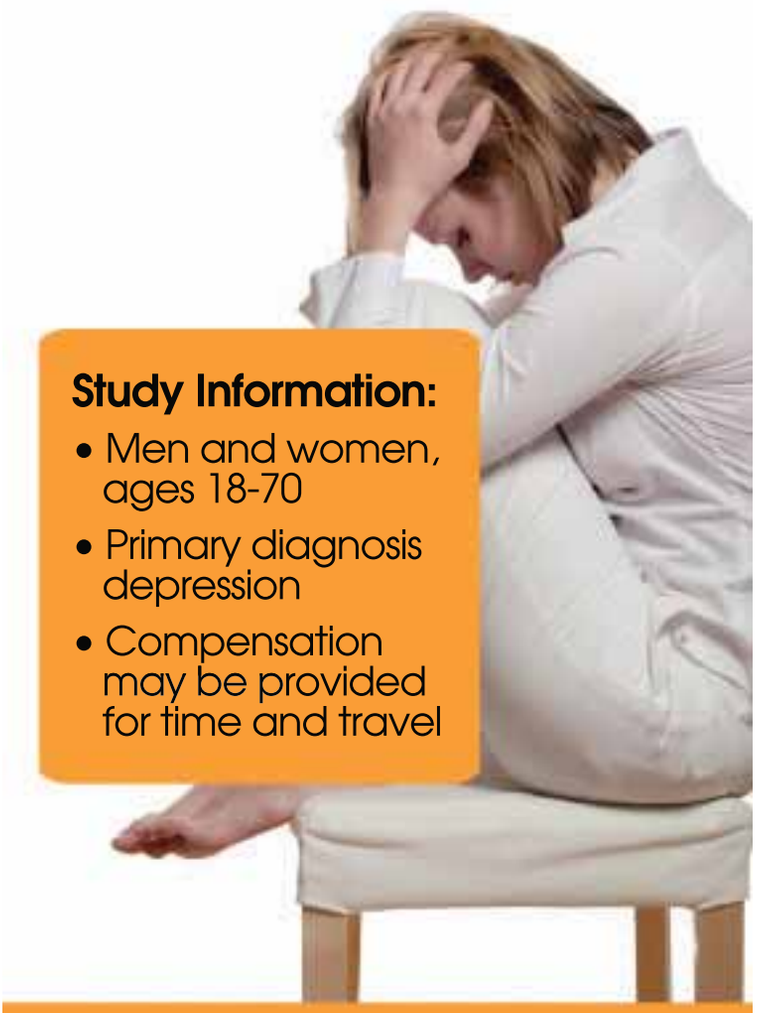

Study Information:
- Men and women, ages 18-70
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THOUSANDS of knee arthritis sufferers flock for this advanced medical treatment - How they relieved pain while so many continue to suffer

Knee Arthritis Pain: The Untold Story

Why patients come from all over the Tri-State area for this knee arthritis pain treatment and why waiting can decrease your chance to live pain free. life again

Downtown NYC Medical Institute is a medical clinic with multiple locations in New York City that has treated thousands of knee arthritis patients.
Here is what every knee arthritis sufferer should know about the best treatments and options available today. And why waiting drastically decreases your chances to live a pain free life again.

The information you are about to read can possibly save you from years and years of agonizing knee pain.
It might even keep you from getting total knee replacement surgery.
Please pay careful attention.
What you are about to read is a cutting-edge medical treatment... but it is NOT what it appears to be at first glance.
In fact, I'm going to have to ask for a bit of patience from you if you have already ***unsuccessfully*** tried any (or many) other knee arthritis pain treatments.
You see, many knee arthritis sufferers had already tried the treatment we are going to talk about and did not get the results they wanted. But I assure you there is something VERY DIFFERENT about the technology and the way we do this treatment that makes it much different.
And often gets results when many others have failed.
This is why patients come from all over the tri-state area and beyond to have their knee arthritis pain treated here.

Would You Like Instant Proof?
eliminating the pain.

What Results Can Be Expected?
Like all medical treatments, the results vary and can not be predicted. In fact, it is impossible to predict results and there are no statistics proving what the "average" patients can expect. Everyone is individual and gets individual results - so we never tell anyone to expect the same results as any of our other patients. **But to be 100% clear** - many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

What Are Treatments Like?
Treatments are simple, fast and virtually painless. The total time of the procedure itself is only 10 minutes and most say it is like getting a flu shot. You walk out of the clinic just minutes after your procedure.

But There Is A BIG Problem The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will not work.
That's why the experts at OsteoReleif Institute use advanced digital imaging so they can see the injection going directly into the knee joint during the treatment.
Research shows that doctors performing joint injections without imaging miss the joint as much as 30% of the time.
If you had viscosupplementation without this special digital imaging without good results - this may be why.

"I cannot ask for better results"

Dr. Stanley Weiner, M.D. - Surgeon

I had surgery scheduled last year. Three month before I made an appointment with Downtown NYC Medical Institute. I was amazed at the ease with which I was evaluated and the treatment schedule implemented. **The results I had at Downtown NYC Medical Institute were outstanding. I cannot ask for better results**. After the treatment I was able to go back to work with no discomfort at all. They use a digital monitor to locate the space that they use the treatment for and it's... it's like exact science. **Dr. Stanley Weiner**

"I don't have any pain any more"

After I had the treatments... the last tuneup...

"Hey this feels terrific"

I was diagnoses bone on bone about 2 years ago I went to see an Orthopedic Surgeon and he said my knees were shot and I need to get them replaced. Downtown NYC Medical said after looking at x-rays they could help. **That procedure is so basic so simple so quick in 15 minutes you are in and out.** I did both legs at once which is great. When
I got up out of the chair I stood up and I said, ***"Hey this feels terrific."***

"I feel like a new woman - It's amazing."

If you want instant proof - you can just look at all all the actual patient testimonials we have included. These patients were once skeptical just like you... and are now either pain free... or eliminated quite a bit of their pain.

Here's the most important thing: Many said they saw this information SEVERAL times before finally deciding to take action and give us a call. As you can see - they are happy they did.

Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

But we do get
one very common complaint.

And it is: "I wish I started this treatment much sooner." *Let's be very clear about this*. Time is the most precious thing. There is no way to slow it down - or get any back once it is gone.

All the more reason for you to not suffer even one more second than you have to. Missing life suffering in pain is a tragedy. It's time for you to get rid of your knee pan and start living the life you want and deserve.

And please understand this: One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and the more pain you will be in. If you wait too long, the entire knee joint will be degenerated and your ONLY option will be total knee replacement.

If you are suffering with knee arthritis pain, here is why you should act RIGHT NOW: When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joints basically "dries up." The lubricating fluid that decreases is called "synovial fluid." Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementation treatments... doctors precisely inject directly into the knee joint. This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even

That's why Downtown NYC Medical Institute even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups.

Just like all medications, some people respond better to some than others. While many doctors only use one brand, the experts at Downtown NYC Medical Institute use several and great effort is taken to figure out what the best one for YOU is.

What To Do Next If You Are In Pain:
Special Your Invitation

Downtown NYC Medical Institute offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at Downtown NYC Medical Institute.

For a complimentary screening, just call 800-227-KNEE. The screenings fill up fast every month. This screening is no cost and there is no further obligation. Call| 800-227-KNEE to schedule your screening. Many of the treatments offered at Downtown NYC Medical Institute are covered by many insurance plans and Medicare. Call 800-227-5633 to schedule your screening.

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I just go right to the golf course. I'm able to keep up with these guys who walk - I'm right next to them! My guys on the golf course would say Hey, look at this he doesn't need us to put the ball up any more.

When I'm playing on the course I don't have any pain any more I don't have any aches and pain.

I'm out there playing!

"I feel like a new woman"

I came to the clinic because I was not sleeping at night. My leg was Pounding. There were times when I sat too long the knee would tighten up. I would get in pain and I would be miserable and I would have it for the whole night. **After the treatment I goof around with my grandchildren. I feel like a new woman.** It's great. I know I don't have to sit on the couch and be in pain and I can just pick up and get dressed and go out. It was so gentle.

It got to the point where I couldn't stand up for a period of time and I knew something had to be done about it. You walk into the doctors office - he puts your leg in a machine - he shows you where he is going to do the procedure and before you know it... it's done and you're outta there. Now I'm able to take out my bicycle a couple of the guys and myself we took a couple of rides out in the woods and we had a good time and ***I couldn't do that for years and now I'm able to do it again.***

The pain was excruciating like 24/7. Nothing I took over-the-counter would work so I knew it was something more serious. When I saw that my condition was not getting any better, I decided to do something about it and I immediately made an appointment - I went and started treatment. **The feeling of getting back to my dancing and my mobility is indescribable. I feel like a new woman - It's amazing.**

"I am ecstatic with the results of this procedure"

One day, as I was running, my knee got tighter and tighter. I had to stop and just walk home. They x-rayed me and said I was a candidate for it. You sit there for about 2-3 minutes and then you are up and walking out the door. I am ecstatic with the results of this procedure because I could not run just weeks before. I ran my race without any issues. I felt good - it just opened a door that was closing.

"I Can Finally Live My Life"

Prior the the relief center I was taking (9:30) and I was becoming addicted to it and it was damaging my health. Since the treatment, I've been able to be less dependent on them. I don't feel helpless anymore. **Since going through the procedure I can finally live. I can finally live my life.**

the word

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Drew Barrymore headed to divorce court

Well, that was quick. Drew Barrymore and Will Kopelman have confirmed reports that they are divorcing after almost four years of marriage. "Sadly our family is separating legally, although we do not feel this takes away from us being a family," the pair said in a joint statement to People magazine. "Divorce might make one feel like a failure, but eventually you start to find grace in the idea that life goes on." Hey, who are you trying to convince here? "Our children are our universe, and we look forward to living the rest of our lives with them as the first priority," the statement adds. Those children are daughters Olive, 3, and Frankie, 1, who will most likely continue to live in New York City, extremely nosey sources assure us.

Mischa Barton develops a bad rep on 'DWTS'

ALL PHOTOS GETTY IMAGES

Former "The O.C." star Mischa Barton is not doing too great on "Dancing with the Stars," neither on camera nor behind the scenes, according to Radar Online. Just how bad are things getting? "Mischa is just not coming off as a nice person. It is really quite unfortunate because when she first came on the show, members of the cast and crew said they were hoping that she was going to be the person that they used to love watching on TV," a source says. Yeah, about that: "Some people are claiming that Mischa is the most self-entitled and rude celebrity that the employees of the show have ever had to work with," the source explains. "She does not discriminate who she is rude to either." I mean, considering the list of "stars" who have been on that show, that's really saying something. But hey, a title is a title, right?

Bradley Cooper brought his mom to see Guns N' Roses

Noted Hollywood nice guy Bradley Cooper has made a habit of bringing his mom along as his date for big events — awards shows, film festivals, etc. — but this might be going a step too far. When Guns N' Roses announced their surprise show at the Troubadour in L.A. Friday night — the first show featuring Axl Rose and guitarist Slash together in more than 22 years — Cooper had only one person in mind to take along as his plus-one: mom Gloria Campano. Which is sweet and all, but shouldn't it have given the rest of the crowd pause? Like, is a Guns N' Roses reunion really so cool if Bradley Cooper is bringing his mom to it? No word yet on whether Campano plans on following the band around all summer on tour, but fingers crossed.

DAILY VIDEO

SATURDAYNIGHTLIVE/INSTAGRAM

'Naked & Afraid: Celebrity Edition'

Add this to the long list of parodies "Saturday Night Live" has devised that should totally be real shows: a celebrity version of "Naked & Afraid," because obviously. This spoof video pits "Game of Thrones" star Peter Dinklage and "SNL" stand-out (and new Ghostbuster) Leslie Jones against the elements — and each other. And it does not go well. "She knows my name isn't Tyrion," Dinklage insists, but to no avail. But yes, Leslie, hot sauce is totally a survival item.

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Glen Powell was left dazed and confused

The 27-year-old actor had the best time making Richard Linklater's "Everybody Wants Some!!"

MATT PRIGGE
@mattprigge
matt.prigge@metro.us

Glen Powell can't say enough great things about Richard Linklater. The actor is one of the 12 main characters in "Everybody Wants Some!!," the director's "spiritual sequel" to "Dazed and Confused" — that's to say it's set in 1980, not 1976, but hits the same hangout sweet spot. Powell plays Finnegan, one of the older ones in a pack of collegiate baseballers. The actor is also one of the more experienced. In a cadre of mostly fresh faces, Powell, 27, is one you might recognize — underneath a shaggy mustache and a permanent toothy smile — given his time on "Scream Queens" and in "The Expendables 3."

Glen Powell (left, with Forrest Vickery) disappears under an '80s 'stache to play Finnegan, one of the more charismatic of the collegiate baseballers in Richard Linklater's "Everybody Wants Some!!" VAN REDIN, PARAMOUNT PICTURES

Given everyone's chemistry, have you spent much time with your fellow castmates since the movie wrapped?

Tell you the truth, ever since we stopped filming we've never stopped hanging out. That's rare. Some of these movies you say, "Oh, we're going to hang out afterwards," then life gets in the way. But we're always hanging out, always kicking it. It's a really solid, special group of dudes. I don't see the band breaking up anytime soon.

It really looks like it was summer camp.

During the rehearsal period, all 12 of us were in these bunkbeds at Rick [Linklater]'s ranch. You wake up, you shower, usually in the pool, you go and rehearse in Rick's library. Then you play baseball for a bit, you do some more rehearsal, then you go in the pool, you go for a run. Then we'd watch a movie Rick think is pertinent.

It's amazing he was able to round up 12 actors who really got along.

Apparently there were a couple people on "Dazed and Confused" who weren't exactly nice or generous actors. Through the rehearsal process Rick kept coming up to me and saying, "Hey, are you getting along with everybody?

GETTY IMAGES

Is everybody happy?" He'd ask me that every couple days. What he was trying to do is sniff out if there is a kind of rat among us — something rotten in Denmark. And there just never was.

You actually had a small role in Linklater's "Fast Food Nation" when you were 16.

On Finnegan

There's even this strong sense that most of them aren't committed to playing baseball after college.

With Finnegan, we always talked about him as this guy who is going to live on a yacht for a bit with a bunch of supermodels. Then he's going to be president of the United States. Then he's going to invent something, then be some Fortune 500 CEO, and then give it all away to live in Africa. He said Finnegan should come across as what you think is the most interesting man in the world before he becomes the most interesting man in the world. He's a guy who likes to experience the best things in life — and he will, because he's got a sense of play that's infectious.

I wound up breaking my arm a week-and-a-half before filming. I had to call Rick and tell him to please not fire me. He was like, "Dude, there was always a guy in high school who broke his arm. That's amazing! It's so authentic and real!" It wasn't just that he wasn't upset; he was excited by the fact that he was going to have a kid with a cast. That speaks to Rick: He's not a guy who holds onto his vision too tightly. That's why his movies feel authentic and organic.

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In defense of being an 'angry feminist'

My relationship with anger is messy and complicated. It picks me up, gives me a rush, then dumps me in the deepest, darkest place I know — the pit of guilt and shame. It sucks. It takes work to dig myself out. It sucks some more.

But in the process of all this digging, I've realized how instrumental anger is to being a feminist. When I was younger, I pictured angry, rioting women whenever I heard the word feminist. I was taught to despise this word. I was taught to never be this word. An angry woman was essentially a monster. I didn't want to be a monster. I wanted to be nice. I wanted to be sweet. I wanted to be liked.

You see, that's the problem with this whole "angry woman" thing. We're taught that being anything other than pleasant and delightful goes against who we should be as women. We become villains, labeled as "b—es" and "crazies" that aren't worthy of being heard if we dare to show our anger. But what's so wrong with being angry when injustices are happening all around us?

INGRID NILSEN
YouTube Superstar

Ingrid Nilsen is one of seven YouTube creators appointed as Change Ambassadors for the United Nation's Sustainable Development Action campaign with a mission to promote global gender equality.

When our bodies are treated like objects and are often the subject of political debate. When people are denied the human right of safely using a bathroom that corresponds with their gender? When men have the "right" to insult a woman, but if she tries to stand up for herself, she's a b—h?

Be loud. Be proud. GETTY IMAGES

I think most of us can relate to that last sentence. It's frustrating as hell. And it gets even more frustrating if you try to find the male equivalent of "b—h". Are the words son of a b—h and d-bag coming to mind? Well, all of these words reach back to insulting a woman at their core.

It's no coincidence that there isn't a single word in the English language that's derogatory toward men on the same level that "b—h" is towards women. Even our language is outraged and crying for change!

And that's what it comes down to — being angry doesn't mean you're a crazy, raging b—h. It means you're on the cusp of change. Anger fuels passion, passion fuels knowledge and knowledge fuels change.

So instead of pushing your anger away, welcome it to the table and listen to what it has to say.

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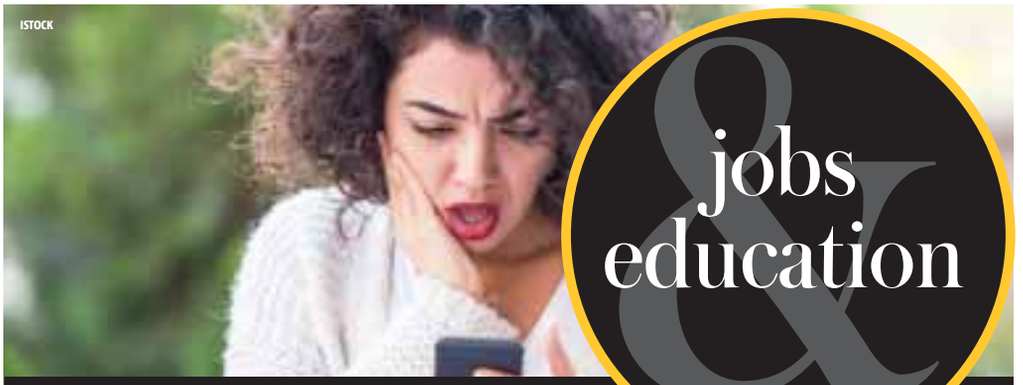
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jobs & education

HOW TO GET AHEAD

College admissions: social media vs. your SAT

As if the application process wasn't stressful enough.

ALIZAH SALARIO
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We've all heard the cautionary tales about college dreams quashed by online stupidity, and (hopefully) learned from others' mistakes.

Today, it's a given that college admissions officers will peruse applicants' social media profiles, and so we connected with Dr. Kat Cohen, the founder and CEO of educational consulting company IvyWise and author of "The Truth About Getting In," to find out how social media missteps can come back to bite you. Here's her advice:

More than ever, admissions officers are watching. Forty percent have looked at an applicant's social media page, according to Kaplan's most recent survey.

College applicants often have a false sense of security about social media. Particularly with apps like SnapChat, where their images go away after a couple of seconds. "Many times, when a school investigates a student's social presence, it is as a result of a tip from someone else about their bad behavior online — such as from a "frenemy,"" Cohen says.

An online presence can actually help admissions. Sites like ZeeMee allow applicants to create profiles and represent themselves positively.

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Mission impossible: Can you plan a wedding and work full-time?

Most couples do part of the prep for their nuptials on the job.

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Can you balance a stressful 9-to-5 with prepping for the big day? ISTOCK

With wedding season just around the corner, many couples are gearing up to tie the knot. And because wedding planning is like gas — it expands to fill every nook and cranny of empty space — brides and grooms-to-be organizing their own nuptials will find wedding-related tasks seeping into work hours. Especially future brides.

Nine in 10 women say they put some company time into planning their wedding, and 90 percent of brides said their fiances devoted less time to wedding planning than they did, according to a survey from Forbes and TheKnot.com.

Dr. Amanda Miller, a professor of sociology at the University of Indianapolis, says this gender divide can make it harder for working women to balance their jobs with wedding prep.

"Women are getting married at older ages than in the past, which likely means they are in jobs that have higher levels of responsibility," she says. "Your 30s is often when [you're] more indispensable in the workplace."

Here are a few tips for avoiding a pre-wedding meltdown.

Know what you're up against

Recognize that cultural factors shape expectations about weddings.

"The pressure to plan a big extravaganza probably came about after the Princess Diana [wedding] in 1981," says Dr. Katherine Jellison, author of "It's Our Day: America's Love Affair With the White Wedding, 1945-2005" and history department chair at Ohio University. "After that, we saw the increase in average people spending a lot of time and money and effort creating wedding spectaculars."

Delegate responsibility

For type-A individuals who want to excel in and control all they do, planning poses a unique challenge. But don't be afraid to ask for help. "Especially if you're sort of looking at this as a life crisis — balancing your work life and your wedding planning life — take people up on their offers of assistance, either in planning the wedding or in taking on tasks at work," says Jellison.

Know when to unplug

Sites like Pinterest and Etsy have ostensibly made wedding planning easier, but not necessarily less time-consuming. "It reminds me of the argument early in the 20th century that if women had all the right electrical appliances in their household, housework would take up less time, and then just the opposite happened: You had all the equipment that was supposed to make it easier, so tasks that you maybe did once a week you did everyday, like wash the clothes. And so technological innovation might change the labor involved, but it often times extends the amount of time involved," says Jellison.

Take it in stride

Says Miller, "Just know that something inevitably will go wrong, and that might end up being your favorite part of the entire experience."

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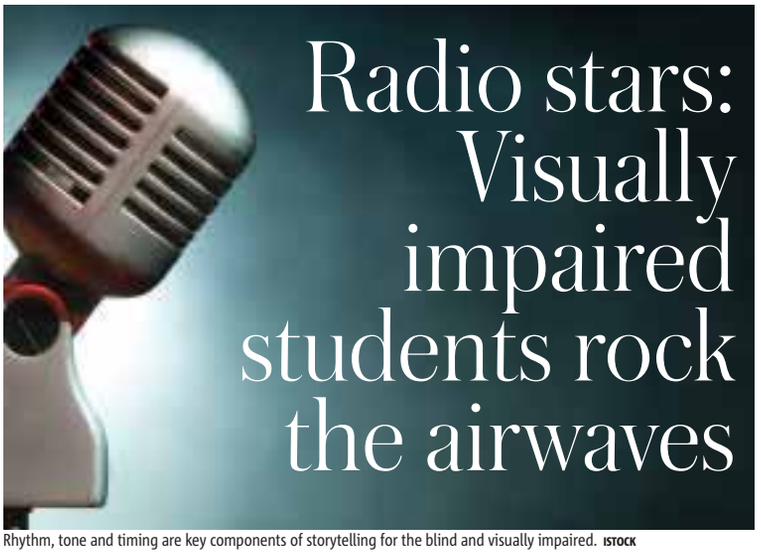

Radio stars: Visually impaired students rock the airwaves

Rhythm, tone and timing are key components of storytelling for the blind and visually impaired. ISTOCK

Program enables those who can't experience movies or TV visually to try aural storytelling.

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The Golden Age of radio is long gone, but there's something timeless about the way rhythm and tone trigger the imagination. That's why a captivating program at the Lighthouse Guild's Heilbrunn School for the blind and visually impaired is tapping into the old magic of radio theater.

For the school's 53 students, "there's a visual culture they can't always participate in," explains Sarah Valeri, who runs the program as the Heilbrunn School's art therapist. Radio was a natural medium for visually impaired students, says Valeri, because they are so often dependent on a sighted person to explain images to them rather than creating or experiencing a story firsthand.

"[Having stories told second-hand] is sometimes important, but it always puts the child in a separate and passive position, underlining that they don't 'get' what everyone else understands," says Valeri. "In radio theater, our staff and students primarily focus on the sound, the tone of voice, timing and volume. In return, we can all laugh together, and no one is waiting to find out why."

Students are familiarized with microphones and equipment often used in the bygone days of radio, such as wind machines. In tandem with learning technical skills, they also develop empathy and awareness.

In such a visually-oriented culture, says Valeri, the visually impaired can easily feel isolated. Creating a story aurally allows them to take control of their narratives in a direct and sometimes pointed way.

For instance, one student created a skit about a young child asking people to put down their phones and play with him, offering a poignant message about being unable take part in visually based games.

Says Valeri: "I find repeatedly that when the kids know that we are listening and attending to what they experience, they value their own experience more.]"

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Division title within reach for Yanks

The Yankees start their 2016 slate looking for revenge.

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The Yankees will look to avenge last year's unceremonious one-game playoff exit when they host the team that eliminated them, the Astros, on opening day Monday afternoon.

Masahiro Tanaka will get the starting nod in Game 1 of 162. Tanaka struggled this spring, posting a 7.36 ERA on 16 hits in four starts (11 IP) before "dialing it up" (per Joe Girardi's request) against the Phillies last Tuesday. He allowed seven more hits, but all involved are encouraged that Tanaka is ready for the season.

"He wanted to go out and have a good outing," pitching coach Larry Rothschild told ESPN. "You could see it demeanorwise … I think overall it was pretty good."

Michael Pineda (12-10, 4.36 ERA in 2015) is a strong candidate to be the second starter. He's shown flashes of brilliance in two seasons in the Bronx, but has frustrated more often than he's invigorated.

Nathan Eovaldi, likely the Yankees' third man in the rotation, was among the most well-supported starters in baseball last year. So while his 14-3 record might be an aberration (he had a 4.20 ERA), he could still be a productive innings-eater.

Luis Severino dazzled in 11 starts last year, and has earned a spot on the big league roster with his stellar spring performance (16.1 IP, 2-0, 3.86 ERA, 19 Ks, 1.10 WHIP).

C.C. Sabathia and Ivan Nova have had a highly-publicized battle for the fifth spot, but they could wind up splitting that duty as the season progresses. Sabathia will be put in the rotation for now.

The Bombers' bullpen promises to overwhelm opponents, but they will start the campaign shorthanded. Aroldis Chapman, who will serve a 30-game suspension before joining the club on May 9, is expected to be the closer after thriving in that role in Cincinnati the last four seasons.

Masahiro Tanaka struggled a bit in spring training but the Yankees brass is confident he is a capable ace. GETTY IMAGES

Last year's closer, Andrew Miller, will tough it out despite a broken bone on his non-throwing hand.

"I can't imagine not playing because of something on my right hand," Miller said.

Whether or not Miller is available, Dellin Betances will have to step up and carry an otherwise unproven relief core.

There's not much variance from the lineup that produced the league's second-highest runs per game average (4.7) last season, but the one new face is an important one. Starlin Castro, who replaces Stephen Drew at second base, is a career .281 hitter with multiple All-Star game selections for the Cubs in six seasons. Castro has mostly played shortstop, but he's shown throughout Spring Training that he's capable of handling the other side of the second base bag. .

Jacoby Ellsbury and Brett Gardner should fill the first two spots in the order. Ellsbury started strong in 2015 before injuries derailed him, while Gardner garnered his first All-Star selection last year.

The heart of the order will involve a combination of Carlos Beltran, Mark Teixeira, Alex Rodriguez and Brian McCann. All four are advanced in age but clubbed a staggering total of 109 home runs in 2015.

Chase Headley, likely to be burdened with a heavy workload at third base because there's no true backup for him on the team, rounds out the lineup.

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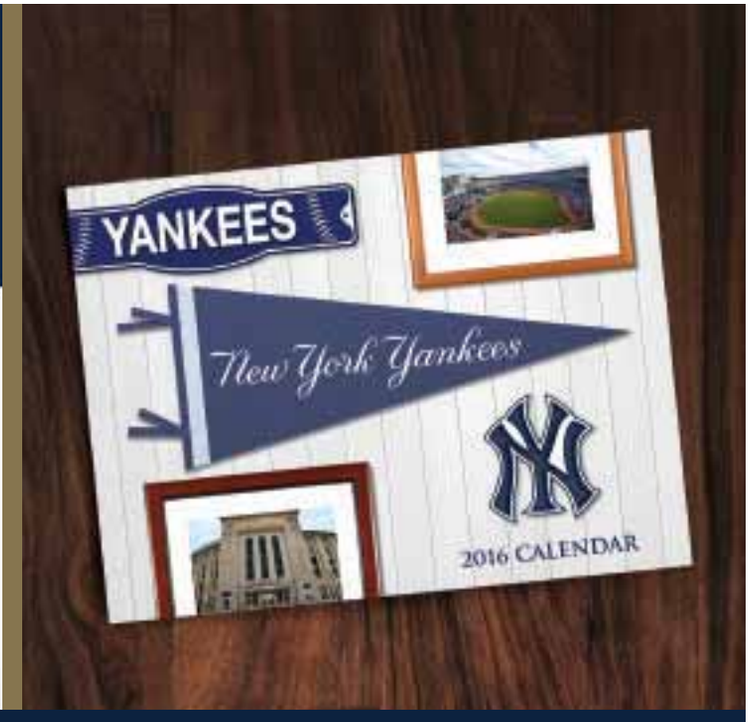

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NL East preview: Mets, Nationals evenly matched atop the division

Will the Mets be able to stay healthy enough to repeat and fend off feisty Washington?

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The Mets have never won back-to-back NL East titles. And in their near 50-year history they've only won two division titles in the same decade once, in 1986 and 1988.

The defending National League champs have a stud staff of pitchers returning but one that has some injury concerns. Can the Mets repeat as division champs? Here's a look at how we predict the division will look at the end of September.

1 Nationals (90-72)

The Nationals have chiseled veteran manager Dusty Baker to look over this deep and rawly talented team. Their pitching staff is a little more well-seasoned than New York's and their lineup, from 1-8 is the best in the division. It's not unlikely that Stephen Strasburg bounces back for a Cy Young award while Bryce Harper continues to develop and takes home NL MVP again.

2 Mets (87-75)

New York has a lot of questions despite returning slugger Yoenis Cespedes to the fold. Their stud pitchers have not been put through the vigors of a six-month, 162 game schedule and Noah Syndergaard, Steven Matz and company will really need to stay healthy (and 43-year old Bartolo Colon stay ageless) to give the Mets the same pitching performances the team got last season. Even still, this could be a legit Wild Card contender.

3 Marlins (77-85)

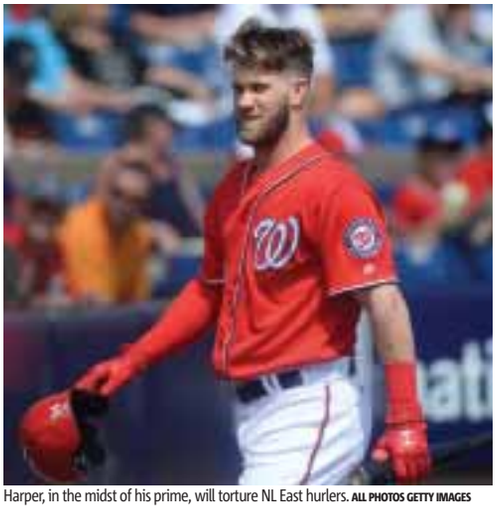
The dropoff happens quick in this division, with the Marlins improving but still failing to break the .500 mark despite the prime of Giancarlo Stanton's career. With the slugger Stanton able to bop 40 homers and drive in 140 runs, Miami also gets a solid season from the fourth season of ace Jose Fernandez. The future is not quite bright though, with an ailing form system forcing the Marlins to sell hard at the deadline.

4 Braves (69-93)

The Braves will be pretty bad, but their upside is huge as they boast one of the top farm systems in baseball. They also still have the services of first baseman Freddie Freeman who will carry much of the load offensively while Atlanta fans wait for prospects to emerge at Turner Field, like Cuban outfielder Hector Olivera. Right-handed hurler Aaron Blair will also be an exciting name to watch if he makes The Show in 2016.

5 Phillies (66-96)

Philly is not as far from contention as they were at this time last year, after shedding nearly all their veterans for prospects. And while Phils fans eagerly await the arrival of baseball's fourth best prospect J.P. Crawford, slugging outfielder Nick Williams and an impressive Triple-A rotation of pitching talent they will have to deal with an outfield comprised of Odubel Herrera, Will Venable and Typer Goeddel (among others). The growing pains will last at least one more season longer but bright spots should periodically emerge for the Fightin' faithful.



Harper, in the midst of his prime, will torture NL East hurlers. ALL PHOTOS GETTY IMAGES

AL East preview: Yankees likely to lag behind Blue Jays and Red Sox

Playoff races could last deep into September in AL East.

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The AL East hasn't had a back-to-back winner since 2011-12 when the Yankees pulled off the feat. The Blue Jays will look to break that spell this season and not so surprisingly they are favored to do so.

Here are our predictions for the division in 2016:

1 Toronto Blue Jays (96-66)

We're living in something of a pitcher's era, but the Blue Jays are getting the job done by mashing the ball. No David Price this year, as he went to the rival Red Sox, but expect the Jays to make a deal for a starter near the deadline if they're in the mix. Josh Donaldson (41), Jose Bautista (40) and Edwin Encarnacion (38) all finished in the top 10 on the season home run list in 2015 and this year they'll have get a full season of Troy Tulowitzki at short.

2 Boston Red Sox (88-74)

Gotta love GM Dave Dombrowski's no-BS approach to this season (assuming it was his order to start Travis Shaw at third over the out-of-shape Pablo Sandoval). The Sox seem like they have decent balance this year. Offensively Mookie Betts and Xander Bogaerts are the young studs and David Ortiz, Dustin Pedroia and Hanley Ramirez can all still hit. David Price is the definition of an ace and Dombrowski's addition of Craig Kimbrel as the closer was the most underrated move of the off-season.

The Blue Jays are looking to turn their excess of offense into a division crown.

3 New York Yankees (84-78)

The Yankees haven't had a dominant club in years but unlike the feast or famine Red Sox – they are never flat-out awful. Expect more of the same this year. Their lineup doesn't scare anyone as they're relying on the ancient Carlos Beltran, Mark Teixeira and Alex Rodriguez in the heart of their order. Masahiro Tanaka is solid at the top of the rotation – when healthy – and the Yanks' bullpen will be the best in the bigs.

4 Baltimore Orioles (80-82)

The Orioles are a watered down version of the Blue Jays. Their lineup is tremendous – with home run champ Chris Davis in the middle and Manny Machado, Adam Jones and Mark Trumbo littered elsewhere. But their pitching rotation is brutal with a capital "B." The Orioles starting staff had a 4.53 ERA in 2015 and they haven't done much to help ease the pain.

5 Tampa Bay Rays (78-84)

The Rays' lineup leaves a lot to be desired. Corey Dickerson was a nice pickup from the Rockies but the old Coors Field numbers bump may have played a factor there. Closer Brad Boxberger will begin the season on the DL. Chris Archer is phenomenal as the team's ace, but he only steps on the mound once ever five or six days.

Islanders' Capuano says faltering players 'have to pick it up'

Jack Capuano chose his words carefully, to protect the guilty.

It was a few minutes after the Islanders had been thoroughly embarrassed 5-0 by the Pittsburgh Penguins Saturday afternoon in front of a sellout crowd at Barclays Center, and Capuano was asked to assess the state of his team.

"I think certain guys feel other guys need to pick it up. I don't think our secondary guys are doing anything to help us win, and I think the older, veteran guys feel that in a way," Capuano said. "Your secondary guys have to be a factor.

"Our guys have to be better. … They have to pick it up."

These are the words of a coach whose team just completed its 77th game of the regular season, and finds itself holding onto the first Eastern Conference Wild Card berth.

And they are apt.

Against the Penguins, in what was their most important game of the season, the Islanders were essentially noncompetitive after the opening 20 minutes. Pittsburgh, who clinched a playoff berth with the win, scored four times in the final two periods. The Islanders surrendered two even strength goals, two power play goals and a shorthanded goal.

The loss snapped the Islanders' three game winning streak. With five games remaining, they have not clinched a playoff berth. Four of those games will take place this week, as they host Tampa Bay and Buffalo, and travel to the Capitals and Rangers for Metropolitan Division showdowns.

The Islanders have little room for error with just five games left. GETTY IMAGES

"We (have) to be better next game. It can't happen again," Frans Nielsen said. "It's frustrating. It should not happen."

Three of the Islanders' four opponents this week could rightly be described as conference heavyweights. And the Islanders will enter those season defining games without top defenseman Travis Hamonic, who is expected to miss the rest of the regular season with a lower body injury suffered in Thursday night's 4-3 win over Columbus.

Before the game, Capuano said the injury is "not good. I know he's going to be out for the rest of the regular season."

"I just feel bad for the guys," Capuano said. "Sometimes timing is everything in life. I've always said it. You've heard me talk about goaltending, luck, health and special teams as far as playoff teams go, and we haven't had the luck or the health of this hockey club."

He was emphatic, though, that the Islanders were not dwelling on negatives.

"As far as the move to Barclays, as far as the different structure in Barclays, as far as the ice conditions, [the last season at] Nassau Coliseum, it hasn't [affected our] singular focus one bit," Capuano said. "Focus on the task at hand. We talk about our team and what we do. We believe in one another. With 40 plus wins and the adversity that we've faced, we just want to keep going." DENIS GORMAN

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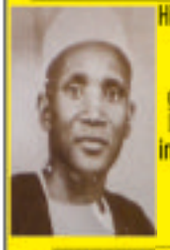

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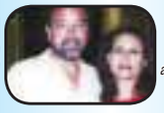

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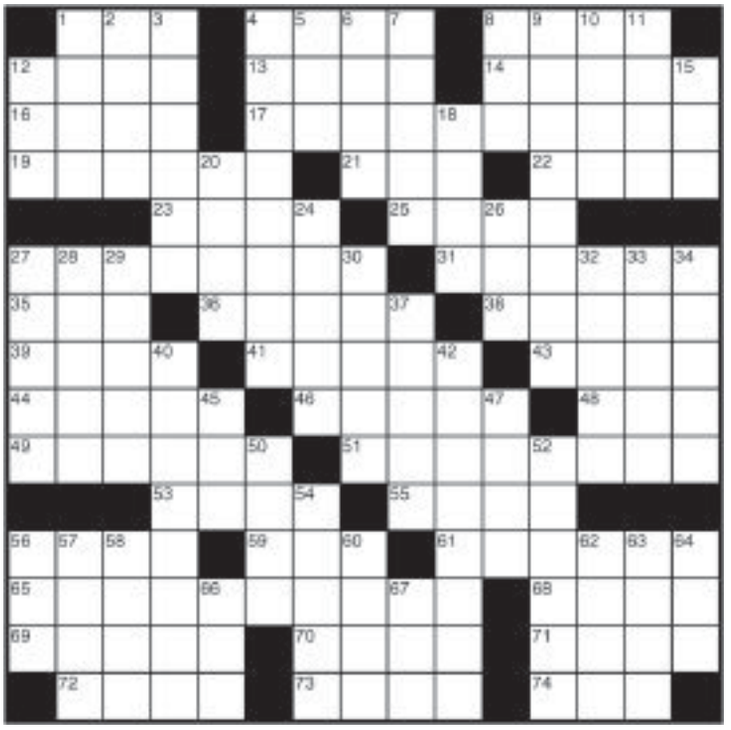

Across

1 San Francisco hill
4 Kite-flyer's need
8 Message concealer
12 Poet Alexander —
13 — fixe
14 Sip a drink slowly
16 Prefers charges
17 Huge
19 One of nine
21 Apply makeup
22 Complacent
23 Kewpie
25 No — luck!
27 Pericles, e.g.
31 Peanut, to some
35 How — things?
36 Ran its course
38 Dits-y guy?
39 Flag down
41 Toothed wheels
43 Monsieur's pate
44 Murphy or Rabbitt
46 Small porch
48 Swell (hyph.)
49 Condescends
51 Candle alternatives (2 wds.)
53 Cops, to a felon
55 Gauge
56 Anything but —!
59 Calgary Flames org.
61 Perot, for one
65 Missing essentials
68 The rain in Spain?
69 Sty dwellers
70 Epps or Sharif
71 Housefly or ant
72 Dry plains shrub
73 Leery
74 Four-footed pal

Down

1 It may be proper
2 Frank
3 Right next to
4 Squirming
5 Snake River loc.
6 Brain, maybe
7 Painter of ballerinas
8 TV news channel
9 Beat Annie Oakley
10 Marching-band need
11 Hairy twin
12 Air-pump meas.
15 MIT grad
18 Put — — in one's ear
20 Fourth piggy's portion
24 Fills the hull
26 Web suffix
27 Exclaimed over
28 Line of work
29 Children's classic
30 Groovy
32 Minnow kin
33 Bar legally
34 Is malodorous
37 R2-D2 or C-3P0
40 Illumination
42 Like a hermit
45 Capt.'s heading
47 Frolic
50 Firing on all cylinders
52 Yokums' creator (2 wds.)
54 Hurl
56 QB objectives
57 Chops down
58 India's locale
60 Sand mandala builder
62 Pointed arch
63 Send packing
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66 Poor grade
67 Road goo

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easy

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hard

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	7			5	4			1
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1			9			7		

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Aries Avoid encounters with people who curtail your creativity or ability to enjoy life. Put yourself first and look out for people with ulterior motives. Stay active and focused.

Taurus Join forces with a like-minded person who shares your aspirations. Personal information is best kept a secret to avoid outside interference.

Gemini When it comes to questionable situations, protect your reputation and your heart. Excessive behavior by you or your friends will create problems.

Cancer Deal with emotional situations quickly, using innovative solutions that will appease everyone involved. Romance will bring you closer to someone special.

Leo Meet interesting people from different walks of life. Travel, learning and personal change will broaden your outlook and help you set your plans in motion.

Virgo Keep an open mind, but don't feel you have to follow the crowd. An emotional situation will cause uncertainty at home or with someone you feel responsible for.

Libra Devote your time to a moneymaking endeavor. Use your creative skills to rework an old idea to fit current trends. A partnership will form with someone quite unexpected.

Scorpio If you face any challenge you meet head-on, you will be surprised by your ability to wheel and deal. Romance is highlighted and will improve your emotional well-being.

Sagittarius Don't be afraid to do your own thing at a pace you feel comfortable with. Set your own deadlines and don't worry about what everyone else is doing.

Capricorn Don't lose sight of what's happened in the past. Utilize experience to help you rearrange personal and professional goals. Don't rely on others.

Aquarius Get together with people from way back when. If you attend a reunion or reconnect on the Internet, memories will prompt you to resurrect some of your intentions.

Pisces Keep a tight rein on your holdings. Don't share secrets that might be misinterpreted or used against you. Concentrate on personal change. **EUGENIA LAST**

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